

Activities of Ambassadors of Health and Sports - An Effective Way to Protect the Health of the Population

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Abstract: A national policy in which physical activity has a central place may foster the implementation of a national physical activity plan. This should include a formal statement that defines physical activity as a priority area, states specific goals and provides a strategic plan for action. A policy on physical activity may be a stand alone document or be integrated within policies addressing the prevention and control of noncommunicable disease, or health promotion.

Keywords: sport, activities, athletes, tasks.

Today, the development and promotion of physical culture and sports, which are an integral part of physical culture in our country, has been identified as one of the important directions of social policy of our state. Because physical culture and sports promote a healthy lifestyle in society by strengthening the health of the population, the formation of a healthy lifestyle, educating the younger generation in a healthy and harmonious way.

Implementing the Law of the Republic of Uzbekistan “On Physical Culture and Sports”, the concept of development of physical culture and sports was developed. [1]. In order to further develop physical culture and mass sports in Uzbekistan, to strengthen its material and technical base, to train and educate a new generation of athletes, to increase the international prestige of sports in our country the great attention paid by the Cabinet of Ministers of the Republic of Uzbekistan and personally President Sh.M.Mirziyoyev, the development and implementation of relevant resolutions, decrees and laws will lay the foundation for the development of the system of physical culture in Uzbekistan.

Very big steps have been taken in this regard. In particular, in the Address of the President of the Republic of Uzbekistan Sh.M.Mirziyoev to the Oliy Majlis in 2021, he said: “...Further popularization of physical culture and sports is an important factor in ensuring the health of the population... Special pedestrian and bicycle lanes will also be built in all district centers and cities...”.

In addition, Adoption of Decree of the President of the Republic of Uzbekistan dated January 24, 2020 No PF-5924 “On measures to further improve and promote physical culture and sports in the Republic of Uzbekistan”[2], Decree No. PF-6099 of October 30, 2020 “On measures for the widespread implementation of a healthy lifestyle and the further development of mass sports”, the wide involvement of the population, especially the youth, in physical culture and mass sports, as well as the creation of conditions for the physical development of the younger generation, will be sufficiently organized by local authorities. and, as a result, a sharp increase in the number of young people willing to engage in physical education and mass sports. [3].

Exercise plays an important role in raising the level of physical culture of the population of our country, in taking care of the body of each person, preserving it for a lifetime and keeping it

healthy at all times. In order to know the methodological aspects of physical culture and sports, it is important for physical culture professionals to master their field.

As part of our experimental research, we conducted research on the role of students in the field of physical culture of higher education institutions as “Student - Ambassador of Health and Sports”.

The student, acting as an ambassador of health and sports, worked on the basis of a set roadmap for pre-school education, secondary schools, sports schools, neighborhoods, study and practice in various enterprises or organizations.

This article discusses the activities of health and sports ambassadors in the community.

Mahallas for student activities:

- create conditions for the implementation of the action plan of the Ambassador of Health and Sports;
- Participate in discussions on the organization and conduct of work under the program of the Ambassador of Health and Sports.
- Tasks of students are defined as follows:
- timely implementation of the measures set out in the roadmap;
- preparation of reports on the work done;
- making speeches in the media about the work done and achievements.
- The sample community work plan for this program is as follows:
- organization and holding of events to increase the interest of the population in physical culture and sports;
- organization and holding of competitions in national sports;
- organization and holding of sports competitions “Heroes of our Mahalla”, “Future of our Mahalla”, “Father and mother” and others;
- organization and conduct of sports clubs, physical education classes;
- preparation of the population for competitions and competitions to determine the level of physical fitness;
- carrying out statistics on the promotion of physical culture and sports among the population.
- *The following results are expected in the Mahallas through this program:*
- Promotion and popularization of physical culture and sports in the Mahalla;
- A healthy lifestyle will be formed among the population;
- In the field of physical culture and sports, the tasks arising from the decisions and decrees adopted by the state will be implemented among the general public, and as a result, the physical well-being of the population will be achieved;
- The selection of highly skilled athletes and their orientation to sports among students will be carried out, which will create an opportunity to create a sports reserve;
- A conscious attitude of the population to physical culture will be formed through the widespread promotion of physical culture and health activities in Mahallas and families;
- Achieving the unity of the population in physical culture and sports through participation in competitions [4].

References

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